



Q: By the end of the afternoon, my energy is low and I'm starving for dinner. Should I have an afternoon snack or eat more at lunch?

A: You're wise to tune into your body's hunger signals. But there is not one perfect solution you need to follow. You might experiment to see which of several strategies satisfy your hunger and energy levels and fit into your day best. Begin by looking at how much you eat at lunch as well as what foods you tend to choose. If you have been trying to cut back, you may have cut back too far. Or it might be that you are eating mainly low-fiber carbohydrates, which provide energy for only short periods. If whole-wheat bread or other high-fiber whole grains are available, they are preferable to refined grains for a longer-lasting source of energy. Make sure that you get a reasonable serving of protein, whether lean meat, fish, or poultry, dairy protein (milk, reduced-fat cheese, yogurt) or vegetarian protein (dried beans, nuts, seeds). Also, be sure to include a substantial serving of fruits or vegetables. If you do decide to snack, you will get the most sustained energy from whole grains, fruit or one of the proteins mentioned above. Relying on refined carbohydrates like pretzels or candy is a quick energy fix that soon fizzles out.

For more information on weight gain prevention contact your local **Health and Wellness Center (HAWC)** or **Dietitian** or visit the **SYFYW community website** at <http://airforcemedicine.afms.mil/shapeyourfuture>.

Shape Your Future... Your Weigh!™